

Many Pushed Too Hard By Self, Parents, or Coaches

By Denise Mann WebMD Medical News April 9,2000

More and more children are forsaking the Internet and television for team and

individual sports. On the whole, that's great news, as he health benefits of regular exercise are firmly established in the medical literature. But longer training seasons and increased pressure to perform are making some children more susceptible to sports-related injuries, including stress fractures, fatigue, and infection brought on by a weakened immune system.

"A lot of kids are forced to practice for so many hours a day and play multiple sports, which can result in overuse injuries," James S. Marsh, MD, an associate professor of orthopaedics and rehabilitation at Yale University School of Medicine in New Haven, Conn., tells WebMD. Overuse injuries such as stress fractures in elbows, knees, and ankles, as well as fatigue or illness from training too hard for too long, commonly strike child athletes, he says.

"Sometimes overuse injuries occur in poorly trained athletes who are pushed to do too much too quickly by their coaches, their parents, or themselves," he says.

An estimated 45 million children in the United States engage in school and organized sports each year, resulting in about 750,000 sports-related injuries annually that require hospital-based emergency treatment, Marsh and his colleague John P. Daigneault, MD, write in an article published in the journal Current Opinion in Orthopaedics.

"Parents should be aware of the level of training their child is engaged in and talk to other parents about it. If they think the training level is excessive, they need to find someone to talk to," Marsh tells WebMD. Most towns have athletic directors, pediatrician advocates, or school officials that parents can talk to if they feel a coach is being too hard on his or her team.

"Parents should try to figure out how many sports their children are playing, if the coaches have reasonable expecta-

tions, and if their children are being pushed beyond their limits," Marsh says. "There needs to be parental understanding of the fact that you can't force your kids to play sports year-round."

Children need time to recoup and regroup after sports, Marsh says. "This is often lacking in their current sports regimens, which can lead either from one sport to the next or to year-round training in a single sport," the authors write.

Factor in that children grow and mature at different rates, Marsh explains. Children of wide-ranging size, fitness, and skill may be paired together in competition. "This alone may cause an increased risk of physical and psychological injury," they write.

Young athletes are more susceptible to injury because their bones, muscles, tendons, and ligaments are still growing, says Laura Tosi, MD, chief of orthopaedics at Children's Hospital National Medical Center in Washington.

"Injuries are age-related," she tells WebMD. "A young child is more likely to sustain a long bone fracture, while in a child who is starting to approach skeletal maturity, growth plates that are made of cartilage are more susceptible to injury." Growth plates are areas of the bone, usually near the ends, from which the bone grows in children.

Still, participating in sports can provide enormous psychological and physical benefits to kids. Parents can ensure their children reap all the benefits of regular physical activity by seeing that they get adequate rest, stretch before play, eat a healthy, well-balanced diet, and use the proper equipment, Marsh says.

"The biggest thing is not to overdo it," Marsh says. "Start off slowly, and increase it by just 10% a week." For example, if your son runs five miles his first week, make sure he increases it to no more than five and a half miles the following week, he says.

"We encourage team sports because children are more likely to be protected if they participate in an organized activity," Tosi tells WebMD. Look for every opportunity for your child to participate in sports, because developing good exercise habits early in life is investing in your child's well-being as an adult.

"The benefits of physical activity are being shown over and over again in terms of disease prevention," says Tosi. In addition, she says, adolescence is the time when children build the bone mass that will last the rest of their lives. "Physical activity during the growth spurt is most important for forming good bones that last a lifetime," she tells WebMD.

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Working Together to Launch a New You

SUITES CENTER

January/February 2001



KSC Fitness Center Activities

January National Blood Donor's Month

Fit With Five: Did you fall off of your diet this past holiday? If so, try this new 4-week incentive program to help you regain those healthy eating habits! By using the Weekly "Fit With Five" Record Sheet to keep track of your fruit and vegetable consumption, you will focus on the USDA Food Pyramid's recommendation for the number of servings for fruit and vegetables. This program begins Monday, January 8th! For more information, contact a staff member or call 867-7829.

Please look for our fitness center survey in Mid-January. The survey will be posted as a link from our web page http://health.ksc.nasa.gov/fitness/survey/ as well as at both fitness centers. This will allow you the opportunity to give us valuable feedback which will only help us to improve!!

Successful Aging Techniques: January 30th 11:30 am - 12:30 pm in the NSLD Conference Room in Cape Canaveral of Building 2 (near the Radisson Hotel.) Interested in slowing or reversing the signs of aging, please call 867-7829 to sign-up.

February American Heart Month

Desktop Yoga™: Are you suffering from aches and pains associated with working at a computer or sitting at a desk? Is work causing you stress? Then "Desktop Yoga™" is perfect for you. By attending the "Desktop Yoga™" seminar, you will learn easy breathing techniques and yoga exercises that can be done at your desk. "Desktop Yoga™" is a new and innovative form of yoga that can help solve everyday problems. Please call 867-7829 for the locations and to sign up.



Send Your Sweetie a Valentine

Valentine's Day is a great time to tell friends, family and loved ones how much you care. Whether you write a card, present a small gift, or give them a hug, your expression of love will be long remembered. If you are high-tech, consider sending your loved one an E-mail valentine.

Websites that offer this online service include:



www.123Greetings.com www.TheKiss.com www.Cyber-Cards.com

National Blood Donor's Month.

•••••• By: Sandy Hubley, Taylor University Intern

Can something done so easily save so many lives? The answer is "yes", in reference to blood donating. The procedure is fast and easy and the lives changed are many. 8 million volunteers donate about 12.6 million units of whole blood in the US each year. These units are transferred to about four million patients. Everyday around 32,000 units of blood are needed. Only 5% of healthy Americans eligible to donate actually do every year.

To be eligible to donate blood you must be at least 17 years old, 110 lbs, be in good health the day of donation, have a hemoglobin level that meets the established standards, and wait 56 days after previously giving blood. You must not have a history of any blood-borne disease such as hepatitis, leukemia, or AIDS, and must wait 6 weeks after giving birth or one year after receiving any transfusions. Screening tests are performed on donated blood for

evidence of infection, then stored by refrigeration for a maximum of 42 days or frozen for up to 10 years.

If you are eligible, you might be wondering how and where you can make a donation. There are Blood Mobiles (mobile blood drives on specially constructed buses) that travel to schools, businesses, community events, and churches. Community centers and hospital based donor centers can be looked up in the Yellow Pages. Also keep your ears open for blood drives at your place of work.

Donations are most needed during the holidays and summer, yet donations decline during these times because people break their routines. So, now that you are aware of the need, know you are eligible, and are informed about how and where you can donate, you too can take the simple steps and in return change lives.

TO MINIMIZE PAPER COSTS,
PLEASE ROUTE THIS NEWSLETTER TO ALL EMPLOYEES AT THIS MAIL STOP.

WEBSITE: http://fitness.ksc.nasa.gov

Travel and Pregnancy

Although pregnancy is a normal state rather than a disabled condition, pregnant women need to consider the potential problems associated with international travel, as well as the quality of medical care available at the destination and during transit. According to the

American College of Obstetricians and Gynecologists, the safest time for a pregnant woman to travel is during the second trimester (18-24 weeks) when she usually feels best and is in least danger of experiencing a miscarriage or premature labor. Women in the third trimester (25-36 weeks) may be asked by their physicians to stay within 300 miles of home because of concerns about access to medical care in case of problems such as hypertension, phlebitis, or false or premature labor. The final decision to travel should be based on consultation with the woman's health care provider.

General Recommendations for Travel

Once a pregnant woman has decided to travel, a number of issues need clarification prior to departure. It is advisable for pregnant women to travel with a companion; in addition, attention to comfort becomes more important. The checklist below provides guidelines for planning with regard to medical considerations.

Typical problems of pregnant travelers are the same as those experienced at home: fatigue, heartburn, indigestion, constipation, vaginal discharge, leg cramps, increased frequency of urination, and hemorrhoids. Signs and symptoms that indicate the need for immediate medical attention are bleeding, passing tissue or clots, abdominal pain or cramps, contractions, ruptured membranes, excessive leg swelling, headaches, or visual problems.

Checklist for the Pregnant Traveler

- Make sure health insurance is valid while traveling. Check to see if the policy covers a newborn should delivery take place. Obtain a supplemental travel insurance policy and a prepaid medical evacuation insurance policy.
- Check medical facilities at the destination. For women in the last trimester, medical facilities should be able to manage complications of pregnancy, toxemia, and Cesarean sections.
- Check ahead of time whether blood is screened for HIV and Hepatitis B at the destination. Pregnant travelers and their companions should know their blood types.
- Check facilities at the destination for availability of safe food and beverages, including bottled water and pasteurized milk.
- · Bring a copy of your medical records with you.

Source: American College of Sports Medicine

Aromatherapy: Is It For You?

Alternative Medicine or more popularly called Complimentary Medicine includes a whole list of words like:

naturopathy, homeopathy, and aromatherapy that you would rarely hear twenty years ago, even ten years ago. Nowadays, it is becoming more common to hear how your co-worker's wife got rid of her headache by smelling green apple essence, or how your brother's neighbor sprays lavender on his pillow at night to rest easier.

The use of these essential oils come under the term "aromatherapy." Aromatherapy is a preparation of fragrant essential oils extracted from herbs, flowers and fruits. There is much good that can come from aromatherapy but these essential wonders can be dangerous if used carelessly. In 1983 Henri Viaud, a distiller, was one of the first to document the effects of essential oils. Franchomme and Dr. Penoel later defined the science of aromatherapy.

Aromatherapy works by stimulating the olfactory nerves that carry impulses to areas of the brain influencing emotional and hormonal responses. You can benefit from aromatherapy in a number of ways. By absorbing diluted oils through the skin in a bath or massage, aromatherapy can enhance mood and lessen discomfort and/or pain to tired and fatigued muscles. Other ways of using essential oils are through the aromatic vapors using an aroma diffuser.

Many resources are available on the internet. Much of the information you have just read came from a great site at http://www.halcyon.com. Another informative website is, http://nccam.nih.gov. As with many websites, these include a disclaimer indicating to not recommend use of aromatherapy as a substitute for medical care. Lastly, the National Association for Wholistic Aromatherapy is an educational non-profit organization that may also be helpful. Check them out!

Are You Nuts About Your Weight?



Most people avoid nuts because of their caloric wallop. Just eight Brazil nuts have 190 calories. But studies show that nuts may help satisfy feelings of

hunger, helping you to consume fewer calories overall. In one study, people ate 2.5 ounces of peanuts three hours before lunch. The peanut eaters felt less hungry and ate less for lunch. In other studies, people who consumed a large amount of nuts in addition to their daily diet held their weight steady during the next several months.

Source: Runner's World

Make-It-to-the-Gym Motivators

How to get going when you really just want to curl up on the couch!

- Buddy up with a friend and create a goal to, say, get in bikini-worthy shape for the summer, suggests Los Angeles personal trainer Beth Rothenberg. A partner who wants to achieve the same goals as you will help keep you moving.
- Make a deal with yourself. Work out for 10 minutes, then if you still don't feel like exercising, stop.
 "Most people just keep going," says Rothenberg.
- Hire a professional. Keep costs down by getting four people to work with one pro or log on to efit.com, which designs routines and checks up on you weekly via E-mail. Or you could just come down to the KSC Fitness Centers and sign up for a FREE personal training appointment!

Ask Miss Muscle

Q: What is the correct way to perform the lat pulldown? In front or behind the neck?

A: Most individuals have been taught the "behind the neck" method when completing the lat pulldown: however, the "in front" method is much safer. Typically when performing a lat pulldown behind the neck, the individual forces the head and neck forward causing a compression of the vertebral discs. This can result in a herniated disc. By completing the lat pulldown in front of the head and to the chest, the individual can easily maintain proper posture in the neck and upper back. When completing the lat pulldown remember to sit up straight and to look forward. You may need to lighten the weights in order to perform the lift properly. If you are leaning back during your lat pulldown exercise then your weights are too high and the muscle is not being correctly strengthened. Remember quality is better and safer than quantity.

Limit Nose Blowing to Relieve Your Cold

The next time you reach for a tissue, you may want to think again. A recent study suggests that nose blowing may actually make colds worse, since it could force viruses and bacteria into the sinuses. Research found that nose blowing produced enough pressure to push a fluid similar to mucus into the sinuses whereas, coughing and sneezing could not. This may be a hard prescription to fill, considering that people blow their nose 45 times a day during the first three days of a cold. Researchers suggest using a cold treatment that stops running noses as soon as possible to limit the amount of nose blowing necessary.

Source: Total Wellness

Bench presS/pull-up Competition Winners

Thanks to everyone who participated in the bench press/pull-up competition in December 2000! Please continue to train, the contest will take place again next December!

The winners took home certificates for local hair salons, automotive repair shops and car washes.

Male

1st Place 2nd Place 3rd Place	Michael Milbert Sherman Council Henry Bursian	183 lbs 157 lbs 167 lbs	63 total reps. 60 total reps. 59 total reps.
Female			
1st Place	Debbie Cauldwell	128 lbs	73 total reps.
2nd Place	Donna Porter	113 lbs	54 total reps.
3rd Place	Betsy French	160 lbs	40 total reps.



From left to right: Betsy, Michael, Donna, Sherman, and Debbie